

LIFESTYLES

HAWAII MARINE B SECTION

MARCH 23, 2007

sailing away
sailing away

**Story and Photos by
Lance Cpl. R. Drew Hendricks**
Combat Correspondent

During the summer, spring and winter school breaks, children of all ages have a lot of free time on their hands. With extra time comes extra boredom that can lead to an excessive amount of time in front of the television and lack of physical activity.

The Base Marina aboard Marine Corps Base Hawaii, Kaneohe Bay, offers a Junior Basic Sailing Class to children 8 to 18 to help beat the boredom that school children face when they are out of school.

“Being able to control the boat on my own is really cool,” said Ron Nagy, a 14-year-old sailing student. “I recommend it to anyone at any age.”

Each class lasts two weeks, and students can attend either a morning or an afternoon session.

Although the deadline to sign up for the winter and spring break classes have passed, there is still time to sign up for summer classes. There are 10 weeks of classes during the summer months.

The course goes through the gamut of sailing basics, which start with knot tying. Throughout the weeks, the course advances the participants’ skills and helps them learn more advanced techniques.

A majority of class time is spent on the water where Samantha Lewenberg, sailing instructor, Base Marina, said is the best place to learn how to sail.

“You can’t learn to sail in a classroom,” she added. “It’s one thing to talk about sailing, but it’s an entirely different thing to do it.”

The course is designed to teach students through experience, piloting the boats on their own with the constant guidance of the instructor.

The students practice tacking and jibbing, which are maneuvers used to change the boat’s direction, while the instructor follows close by in another boat.

“The kids pick up on this stuff extremely quick,” said Lewenberg as Nagy and another student, 9-year-old Evan Martin, practice their maneuvers.

Students are taught how to sail in favorable conditions; they also learn how to react when things go wrong.

During the drills, students are instructed to tip the boat on its side to simulate a roll over. These “tippy tests”

teach students how to react calmly in a chaotic situation.

Once they have abandoned the boat, they must assess the situation, make sure everyone is okay and right the boat.

Another situation the students have to master is what to do when a passenger goes overboard.

“This sport helps the kids learn to react quickly and gets their minds thinking outside of the norm,” said Lewenberg. “Sailing is far different from any other sport kids will do.”

The number of students in the sailing classes ranges from two to 20 students. In either case, students will get one-on-one instruction and plenty of experience on the water.

“We try to get them in the boat as much as possible,” said Lewenberg. “That is the only way they will learn.”

So, if young would-be-sailors have nothing to do this summer, the staff at the Base Marina encourages parents to sign their children up for a water adventure where they can be in charge.

“Out on the sea, cruising in a boat – it’s just plain ol’ fun,” said Martin.

The sailing class is a way to keep the children active and take advantage of a great opportunity they may not otherwise get, said Lewenberg.

“This is what it is all about – teaching the kids about the great sport of sailing and having fun,” she added.

For more information or to register for classes, call 254-7667.



Nagy, a Junior Basic Sailing Class student, helps Lewenberg, sailing instructor, Base Marina, put in the mast for the sailboat he will learn to sail.



Ron Nagy and Evan Martin spend the first day of their Junior Basic Sailing Class learning and practicing the basic maneuvers to successfully steer a sailboat. The Base Marina aboard Marine Corps Base Hawaii, Kaneohe Bay, offers a Junior Basic Sailing Class to children 8 to 18.



Lewenberg, sailing instructor, Base Marina, shows Martin how to tie knots he will need to master in order to be a successful sailor.



Martin jumps from the pier into the bay as Nagy looks on. During the Junior Basic Sailing Class, students are tested and challenged with swimming and staying afloat under their own power.



Cpl. Rick Nelson

Corporal Anthony P. Mitchell, intelligence analyst, Alpha Company, 1st Battalion, 3rd Marine Regiment, pauses for a photograph at range 400 at Twenty-nine Palms, Calif., Feb. 11. Mitchell, who joined the Marine Corps June 6, 2004, said he is unsure whether or not he will continue his career in the Corps but said whether he does or not, he wants to stay in the intelligence field.

Intelligence analyst suits up

Cpl. Rick Nelson
Combat Correspondent

Everyone who is in the Marine Corps is in for their own personal reasons – some for a career, some for a change in lifestyle, and some who use the Corps as a stepping-stone that will take them to a better future.

Corporal Anthony P. Mitchell, intelligence analyst, Alpha Company, 1st Battalion, 3rd Marine Regiment, Marine Corps Base Hawaii, Kaneohe Bay, joined the Marines with the hopes of finding a path to the career of his choice.

“When I was 17, I signed up in the Delayed Entry Program when I was in the middle of 11th and 12th grade,” said the native of Burlington, Colo. “I didn’t want my parents to have to pay my way to college, so the Marine Corps seemed like the best thing for me.

“I thought the Corps was the best of the best, and I didn’t want to feel like I took the easy way out, ” admitted Mitchell, who chose the intelligence field because it is the career field he wants to continue in when he leaves the Corps.

“My father really wanted me to make sure this was the right choice. He originally wanted me to go in as an officer, but I wanted to do college through (Marine Corps programs) so I just joined,” he added.

Mitchell left for recruit training at Marine Corps Recruit Depot, San Diego, where he was placed in Platoon 2094, Fox Company. After completing boot camp and Marine Combat Training, he attended military occupational specialty school at the Navy/Marine Intelligence Training Center at Dam Neck, Va., October 2004.

“At first I didn’t think I could handle the physical aspect of boot camp, so I began running until I felt like I was up to par,” said the 20-year-old. “I realized it was tough, but after it was over, I thought it wasn’t as bad as I was

expecting it to be.”

He reported to 3rd Marine Regiment April 2005 after completing his military schooling. From 3rd Marines, he transferred July 5, 2005, to 1/3.

“When I checked into 1/3, it was a lot different being part of a battalion,” he added. “But I wanted to deploy, so it was great.”

Mitchell completed a tour in Afghanistan in January 2006 with Charlie Company 1/3.

“For my first month in Afghanistan, I was on guard force; then they sent me to Asadabad to assist their intelligence cell,” he said. “I was nervous at first when I arrived there, but then I saw that Charlie Company was very squared away.”

Now with Alpha Company, Mitchell said he is looking forward to their upcoming deployment to Iraq.

“I’m looking forward to giving (Alpha Company) everything I have to offer to help them succeed in their mission,” Mitchell said. “I mean, don’t get me wrong I’m nervous, but I was a lot worse on my first deployment. Now I have a better idea of what to expect which somewhat eases my mind.”

Mitchell said the thought of coming home and making his family and friends proud is what’s going to keep him going while in Iraq.

“Corporal Mitchell always makes work a lot better, because of his sense of humor,” said Lance Cpl. Kevan S. Tatum, intelligence specialist, Headquarters and Service Company, 1/3.

The native of Coon Rapids, Minn., said he looks forward to deploying with Mitchell because he has prior deployment knowledge and isn’t a “do as I say, not as I do” leader.

“After this deployment, I’m unsure what I’m going to do,” Mitchell said. “I’m not rejecting the thought of reenlisting. I do want to continue in the intelligence field whether it be in the Corps or as a civilian. But, if I do get out, I’ve got a lot of memories and have met a lot of good people, so it was well worth it.”



Sgt. Salju K. Thomas

A Marine reveals his "sleeve tattoos." However, Marines will be prohibited from getting these beginning April 1. Those who already have them will be grandfathered into this new policy keeping them competitive for promotions.

Corps clarifies tattoo policy

Sgt. Salju K. Thomas
Marine Corps Base Lejeune

MARINE CORPS BASE CAMP LEJEUNE, N.C. — The Marine Corps is clarifying its tattoo policy according to Marine administrative message 197/07.

“This clarification came about because there was room for interpretation of the old policy,” said Lt. Col. T.V. Johnson, spokesman for the commandant of the Marine Corps. “The commandant had this issue come up at every town hall meeting that he attended and wanted to make the policy fair across the board, squashing any margin for error.”

The message details new guidelines for Marines with tattoos, specifically, restricting them from getting sleeve tattoos while protecting those who already have them.

“Effective April 1, Marines are prohibited from getting sleeve tattoos,” said Capt. Stephen T. Fowler, military policy analyst, Manpower Plans and Policy Division, Manpower and Reserve Affairs, Headquarters Marine Corps. “Those individuals who have sleeve tattoos are required to be documented by their command by July 1.”

A sleeve tattoo is a very large tattoo, or collection of smaller tattoos, that covers or almost covers a person’s entire arm or leg. Half-sleeve or quarter-sleeve tattoos that are visible to the eye when wearing a standard physical training T-shirt and shorts are likewise prohibited.

Marines who currently have sleeve tattoos need to have them photographed by their command and have them documented in their service record books to be grandfathered into this policy.

“The grandfathering clause is to protect Marines who currently have sleeve tattoos,” said Fowler. “By being grandfathered they will be as competitive for promotion and retention as their peers who do not have such tattoos.”

The new policy should not have an effect on recruiting numbers, said Fowler. “The policy change is not any more stringent than the guidelines used by the Recruiting Command,” he said.

Marines can contact their administrative office for more information.

Staying open to opportunity got chaplain where she is today

Cpl. Mark Fayloga
Combat Correspondent

As a young girl growing up in Tracy, a small city in San Joaquin County, Calif., Lt. Cmdr. Diane M. Wilson experienced a family tragedy through which she said she learned to “let go and let God” – a lesson she said that stayed with her and will influence her for the rest of her life.

“My brother was diagnosed with cancer when I was very young,” said Wilson. “He was given three months to a year to live. He ultimately lived 17 and a half years, and I know that was God’s miracle. The thing (my family) learned to do was give thanks for every day and let go and let God work.”

Combat Service Support Group 3’s chaplain said she credits this adage and staying open to different options with getting her where she is today.

After graduating from Tracy Joint Union High School she attended Delta College in Stockton, Calif., where she received her associate’s degree. Wilson then moved on to San Francisco State with aspirations of working in social services, but admittedly never had any thoughts of serving in the military.

“Back then I had no earthly idea that I would be where I am now – in the United States Navy, and currently serving with the finest fighting force on the planet Earth, which is the Marines. I truly believe that. Oorah,” said Wilson, smiling nonstop.

Not only was the military not on her mind, Wilson said she never even imagined getting into ministry. But, while at San Francisco State, a series of events led her to San Francisco Theological Seminary where she received her master’s in Theology.

Wilson said her plan was to

serve in the church near her hometown, but is the first to admit that she was never one for planning.

“I knew people who really were dreaming big and had big ideas about what they were going to do,” said the jovial Wilson. “For whatever reason, I’ve always just been thankful for the fact that I’m doing what I’m doing.

“I remember talking with one particular student who had all these dreams about what he was going to do. He had it all mapped out,” she began to explain. “I never had that sense of mapping things out, but my security – and this is really the truth – is looking to see what God is going to do and where he was going to open doors. And I’m here to tell you that I believe everything that has happened in my life has been totally because God opened doors.”

Even after entering the ministry, she said she still had no aspirations of joining the military, but after another series of events similar to the ones that drew her toward the seminary, Wilson was on her way to the Navy’s chaplain’s school. Prior to becoming a commissioned officer in the Navy, she had served the church for eight years as an assistant pastor.

Now, after 15 years of naval service and nearly twice as many years as a chaplain than as a pastor, Wilson said she is pleased with her unexpected journey through life.

“I have seen firsthand that what I thought I would be doing today and what God opened up to me are two worlds apart,” said Wilson. “As a chaplain, I have been able to put to good use my music, teaching skills, counseling, and youth group work toward our Marines and Sailors. Needless to say, I feel very blessed and fortunate to be doing what I am doing today.”



Cpl. Mark Fayloga

Lieutenant Cmdr. Diane M. Wilson, group chaplain, Combat Service Support Group 3, Marine Corps Base Hawaii, Kaneohe Bay, sings during a Women’s History Month Luncheon at the Anderson Hall Dining Facility Friday. Wilson, who’s first love is singing, said she hopes after her naval career she can continue to serve with the church in a ministry of music and drama.

Those who work with her say she has a direct influence on morale.

“Her role as chaplain affects the unit dramatically – not only for the Marines and Sailors but also their families,” said Master Sgt. John C. Davis, training and administrative chief, S-3. “She’s not only there for spiritual but also personal support. In my opinion, she is the hardest working chaplain I have ever had the privilege of working with.

“I think she’s done an outstanding job here. When Marines or Sailors have personal or family problems, they come to her and she always has an open mind and an

open heart,” Davis concluded.

Wilson said she hopes to get the opportunity to serve with the Cost Guard following her tour with the Marines and Sailors on K-Bay. Beyond her 20 years in the Chaplain Corps, she wants to go back to school to work toward being a family counselor. She also wants to stay connected to the church, serving in a ministry of music and drama.

“I am clear that it is all in God’s hands,” said Wilson. “He knows what is best, and he has a plan and purpose for my life, which has always been far greater and fuller than I could ever have planned or imagined.”

Book review: ‘A Million Little Pieces’



Sgt. Sara A. Carter
Combat Correspondent

I walked into the office one day to find my lance corporal reading a book called “A Million Little Pieces” by James Frey. I asked him what it was about. He explained it was about the 23-year-old author of the book who suffered from 10 years of drug and alcohol abuse and was sent to a rehabilitation center to clean up his act.

So I started reading the first couple of pages. The style of writing was very interesting and unique. There were no quotation marks to show when someone was speaking. It was written like the actual conversations would have sounded.

It pulled me in, so I ran out to buy a copy – after all, it had a seal of approval from a well-known book club on it, so it must be good. Right?

The beginning was pretty interesting with James waking up on a plane with his face all busted up. He didn’t know how he got on the plane and initially where he was going but soon found out he is going to a rehabilitation center.

For about the first 200 pages, he meets a variety of interesting characters, who are at the center for a variety of different reasons. While at the center, he met and fell in love with Lilly, a beautiful woman who is just as messed up as he is.

I read the book faithfully every night after work. I read about

James’ flashbacks to his days of substance abuse – well, the days he could remember. How his parents loved him and helped him out of his previous predicaments, and how he was in love with a mysterious girl from his past.

Then I got stuck in the middle of the book. The story became repetitive. How much can a person really write about daily life in rehab? It was the same stuff over and over again. James writes about waking up and having breakfast, smoking a couple of cigarettes, drinking a cup of coffee and going to a lecture.

It was the same process for lunch and dinner. Occasionally, he would sneak away to the woods for a romantic meeting with Lilly or a random conversation with some of the other patients in the center. But the story line was really boring.

After reading a page here and a page there, I finally made it through the tough section of the book, and the story became better again.

Lilly left the hospital and went to a crack house, so James went to get her. While there, he was tempted to do drugs but didn’t. They both return to the hospital where James soon found out he will serve three months, instead of years, in jail for crimes he committed before entering rehab, thanks to his alcoholic roommate – a judge who made some calls for him.

James and Lilly say goodbye to each other and promise to meet after his jail sentence and after she gets out of rehab. Does that happen? Guess you’ll have to read the book to find out.

Overall, the book was decent. If the middle had been written differently, it would have been easier to get through.

The author claimed the book was his account of his six weeks in rehab, qualifying it by saying, “I embellished many details about my past experiences and altered others in order to serve what I felt was the greater purpose of the book.”

I think he should have embellished the middle section a little more to make it more interesting.

Facts about women in military history

In 1967, Master Sgt. Barbara J. Dulinsky, who had volunteered for duty in Vietnam, reported to the Military Assistance Command in Saigon and was the first woman Marine ordered to a combat zone.

In July 1993, 2nd Lt. Sarah Deal became the first woman Marine selected for naval aviation training. She received her wings April 21, 1995, and served as a CH-53E pilot.

Philadelphian Loretta Walsh enlisted in March of 1917 and became the first Yeoman (F) in the Navy.

In August of 1918, Opha M. Johnson enlisted as the first woman in the U.S. Marine Corps Reserve.

The first women to attain star rank:

Army: Brig. Gen. Elizabeth P. Hoisington - 1970

Navy: RAdm. Fran McKee - 1976

Marine Corps: Brig. Gen. Margaret A. Brewer - 1978

Air Force: Brig. Gen. Jeanne M. Holm - 1971

The first women to attain E-9 – the highest enlisted rank:

WAVES (Navy): Master Chief Petty Officer (Yeoman) Anne Dervartanian 1959

WAC (Army): Sgt. Major Carolyn H. James - 1960

USMC: Master Gunnery Sgt. Geraldine M. Moran - 1960

WAF (Air Force): Senior Master Sgt. Grace A. Peterson - 1960

SPARS (Coast Guard): Master Chief Petty Officer (Yeoman) Pearl E. Faurie - 1964

The First to receive medals:

The first, and only, woman to receive The Medal of Honor was Dr. Mary E. Walker, a contract surgeon during the Civil War.

The first woman to receive The Purple Heart was Annie G. Fox while serving at Hickam Field during the Japanese attack on Pearl Harbor, Dec. 7, 1941.

The first woman to receive The Bronze Star was 1st Lt. Cordelia E. Cook, Army Nurse Corps, during WWII in Italy. Cook was also awarded the Purple Heart, becoming the first woman to receive two awards.

Army Lt. Edith Greenwood was awarded The Soldiers Medal in 1943



Department of Defense Photo

Women Marines of Company H, 2nd Headquarters Battalion, Henderson Hall show off the uniforms women wore during World War II. The Women’s Marine Corps Reserves was activated Feb. 13, 1943, encouraging women to “Free a Marine to Fight.” At that time, women were taught classes on makeup application and proper etiquette. Today, women in the Marine Corps endure the same training as their mail counterparts. Women’s History Month celebrates the accomplishments of these women and many others who paved the way for today’s women in uniform.

for heroism during a fire at a military hospital in Yuma Arizona - the first woman to receive this award.

The first woman to receive the Air Medal was Army Lt. Elsie S. Ott, who was awarded for her actions in 1943 as an air evacuation nurse.

Barbara Olive Barnwell was the first woman awarded the Navy-Marine Corps Medal for heroism in 1953. Barbara Barnwell, a staff sergeant from Pittsburgh, Pa., and a member of the Marine Reserve, saved a soldier from drowning in 1952.

MARINE MAKEPONO

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Riding lawn mower, works great. \$175 OBO. Call 254-0120.

Panasonic 23,800 BTU air conditioner, excellent condition, very powerful, includes remote, used only six months, has standard three-prong plug. \$300 OBO. Call 223-2150.

Ads are accepted from active duty and retired military personnel, their

family members and MCB Hawaii civil service employees.

The deadline for submitting ads to the Hawaii Marine is 4 p.m. the Friday of the week prior to publication.

Ads are free and will appear in two issues of Hawaii Marine, on a space- available basis.

Those interested in advertising must bring a valid DoD-issued ID to the Hawaii Marine Office.

Makepono may be used only for noncommercial classified ads containing items of personal property.

Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office located in Building 216, room 19, aboard Marine Corps Base, Kaneohe Bay.

ON THE MENU AT ANDERSON HALL

Friday <i>Lunch</i> Sour braten Jaegerschnitzel Hot potato salad Tossed green rice Simmered cabbage Simmered asparagus Simmered sauerkraut Boston cream pie Chocolate chip cookies Pineapple upside down cake Vanilla/chocolate creme pudding Strawberry/raspberry gelatin <i>Specialty bar: Country bar</i> <i>Dinner</i> Roast pork loin Mahi mahi Mashed potatoes Wild rice Simmered broccoli Corn on the cob Applesauce Chicken gravy Desserts: same as lunch	Simmered carrots Vegetable gravy Chicken gravy Pumpkin pie Chocolate cookie Easy chocolate cake w/chocolate butter cream frosting Vanilla/chocolate cream pudding Strawberry/raspberry gelatin Sunday <i>Dinner</i> Yankee pot roast Baked ham Mashed potatoes Candied sweet potatoes w/marshmallows Simmered mixed vegetables Simmered pinto beans Vegetable gravy Dutch apple pie Brownies Lemon cake w/lemon cream frosting Vanilla/chocolate cream pudding Cherry/lime gelatin	Simmered peas & carrots Tomato gravy Cheese cake w/strawberry topping Cherry pie Sugar cookies Peanut butter cake w/peanut butter cream frosting Vanilla/chocolate cream pudding Orange/raspberry gelatin <i>Specialty bar: Pasta</i> <i>Dinner</i> Russian turkey stew Baked fresh fish w/garlic butter Steamed rice Simmered corn Brussels sprouts parmesan Cream gravy Desserts same as lunch	Strawberry shortcake Vanilla/chocolate cream pudding Strawberry/lime gelatin <i>Specialty bar: Taco</i> <i>Dinner</i> Creole macaroni Baked turkey & noodles Mashed potatoes Grilled cheese sandwich Simmered green beans Cauliflower au gratin Turkey gravy Desserts: same as lunch	Boiled egg noodles Mashed potatoes Southern style squash Simmered peas w/mushrooms Chicken gravy Desserts same as lunch	Oatmeal raisin cookies Marble cake w/chocolate cream frosting Chocolate/vanilla cream pudding Orange/strawberry gelatin <i>Specialty Bar: Deli Bar</i> <i>Dinner</i> Chili macaroni Simmered corned beef Parsley buttered potatoes Grilled cheese sandwich Glazed carrots Fried cabbage w/bacon Brown gravy Mustard sauce Desserts same as lunch
Saturday <i>Dinner</i> Herbed rock cornish hen Country fried steak Rice pilaf Candied yams Herbed green broccoli	Monday <i>Lunch</i> Baked meatloaf Creole pork chops Lyonnaise potatoes Noodles Jefferson Boston baked beans	Tuesday <i>Lunch</i> Beef sukiyaki Southern fried chicken Egg foo young Chinese fried egg rolls Steamed rice Fried rice Fried cabbage Simmered carrots Chow mein noodles Sweet & sour sauce Lemon meringue pie Lemon cookies	Wednesday <i>Lunch</i> Bar-b-que spareribs Country style steak Red beans and rice Baked macaroni & cheese Southern style collard greens Simmered corn on the cob Cream gravy Apple pie Brownies Pineapple upside down cake Vanilla/chocolate cream pudding Orange/raspberry gelatin <i>Specialty bar: Hot dog & sausage</i> <i>Dinner</i> Savory baked chicken Beef pot pie		



MOVIE TIME

Prices: Friday and Saturday 7:15 p.m., shows are \$3 for adults and \$1.50 for children. Sunday matinee is shown at 2 p.m. Shows are \$2 for adults and \$1 for children. Evening showings on Sunday and Wednesday are at 6:30 p.m. and late shows are shown Friday and Saturday at 9:45 p.m. Cost is \$2 for adults and \$1.50 for children.

For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer wandng, audience scanning with night vision goggles during screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

The Queen (PG13) Epic Movie (PG13) Catch & Release (PG13) The Messengers (PG13) Because I Said So (PG13) Epic Movie (PG13) Smokin' Aces (R) Because I Said So (PG13) Letters From Iwo Jima (R)	Today at 7:15 p.m. Today at 9:45 p.m. Saturday at 7:15 p.m. Saturday at 9:45 p.m. Sunday at 2 p.m. Sunday at 6:30 p.m. Wednesday at 6:30 p.m. Friday at 7:15 p.m. Friday at 9:45 p.m.
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Department of Defense childcare named best in U.S.



Petty Officer 3rd Class Sara Bohannan
Petty Officer 3rd Class Joy Carlos, an electrician's mate assigned to Naval Station Everett, Wash., visits with her 5-month-old daughter during her lunch break at the Child Development Center. The Center provides military families with local and affordable childcare during normal working hours.

Petty Officer 2nd Class Eric J. Rowley
Fleet Public Affairs Center Detachment Northwest

SILVERDALE, Wash. — The National Association of Child Care Resources and Referral Agencies report card released March 1 stated Department of Defense child-care facilities scored better than all other state programs in the United States in every area rated.

The report card ranks every state and DoD childcare program on 15 basic criteria related to the association's current childcare center standards and oversight for a total of 150 points. Department of Defense

was ranked the highest at 117 points against an average score of 70 points.

“The Child Development Center staff are always interacting with my son and getting him to interact with other children,” said Seaman Johnlynn Rudy, a hospital corpsman stationed at Naval Base Kitsap, Bangor Medical Clinic. “I put trust in them because they are qualified in CPR and first aid.”

The 15 areas DoD and the states were scored on included training requirements, quarterly inspections, licensing and staff-to-child ratio.

“At Navy childcare centers, personnel are required to complete 13 Navy standardized childcare modules that consist

of safety, nutrition, social development, professionalism, physical development and more,” said Victoria Ritterman, child development education technician of Jackson Park Child Development Center. “In order for an employee to keep their job they need to complete the training modules within 18 months of getting hired.”

Eight states and DoD addressed all 10 basic health and safety benchmarks including fire drills, administration of medication, prevention of Sudden Infant Death Syndrome, diapering, hand-washing and safe playground surfaces.

“On a scale of one to 10, I rate the DoD child care an 11 or 12,” said Opal Brekke, DoD

civilian and mother. “I’ve lived in Mayport, Florida; Norfolk, Virginia; and now Silverdale, Washington, with my son attending several different Navy daycares. Every single one of them provided outstanding service with both the in-home care providers and the actual command daycares.

“The youth programs are outstanding,” added Brekke. “The facilities are always clean and well taken care of. I don’t think enough people take advantage of the care they give. The people are friendly and professional.”

Out of all 15 areas the DoD and states were scored on, DoD was ranked first in every category.

Is your child ready to stay home alone?

Kelli Kirwan
LIFELines

Here's a scary thought — you shut the front door behind you, get into your car, and actually drive away knowing your child is alone in the house, watching television and eating everything in sight. But the thought of a month's groceries disappearing while you're gone pales in comparison to the frightening thoughts that begin entering your mind. Each click of the odometer moves you farther from your blossoming preteen, and your mind begins to race with every scary scenario possible.

How do you really know your child is ready to take this giant step toward independence? How can you prepare them? There is no one answer or magic formula, but there are guidelines you may want to consider.

State Law

The legal age at which a child can be left home unattended varies from state to state, but is usually 12 or 13. Some states don't specify an age, but make it illegal for an adult to leave anyone under 18 alone if it endangers the child's health or welfare. Begin with a call to your local child protective services when determining if your child is old enough.

Base Regulations

Every military installation has definite rules about children being left alone in quarters, how long they can be left alone, and at what age. (The starting age is usually 12, but can vary.) Regardless of the law, if you live in quarters, you are subject to base regulations as well. Your housing handbook should have a section outlining the rules on children left at home as well as being unaccompanied at other base facilities, and the Provost Marshal's office will be happy to

give you guidance on this issue.

Maturity Level

Although 12 seems to be the age at which children can be left alone, age is not the only factor — you must consider the individual maturity of your son or daughter. Think back over their history of decision making — do they tend to make good, sound decisions based on their age and experience? Have you taught them not to panic, but to think quickly and clearly in unexpected situations? Have you practiced fire or earthquake drills? Does the child play with matches or lighters? Is there a gun in the house, and is it locked up? Where's the key? What about the liquor cabinet? Does your child understand the hazards of electrical appliances such as the stove, toaster, microwave, and hair dryer?

Past behavior is a good indicator of what will happen when you're not around, but at some point you have to give them the chance to prove themselves. Small steps may be the best way to introduce them to the responsibility of staying home alone.

Does Your Child Want to Stay Home Alone?

Regardless of age, some children don't want to stay home alone. They may be uncomfortable because a parent is deployed, or nervous because of heightened alert status or recent events. Or they may just be lonely. Talk with your child and see how he or she feels.

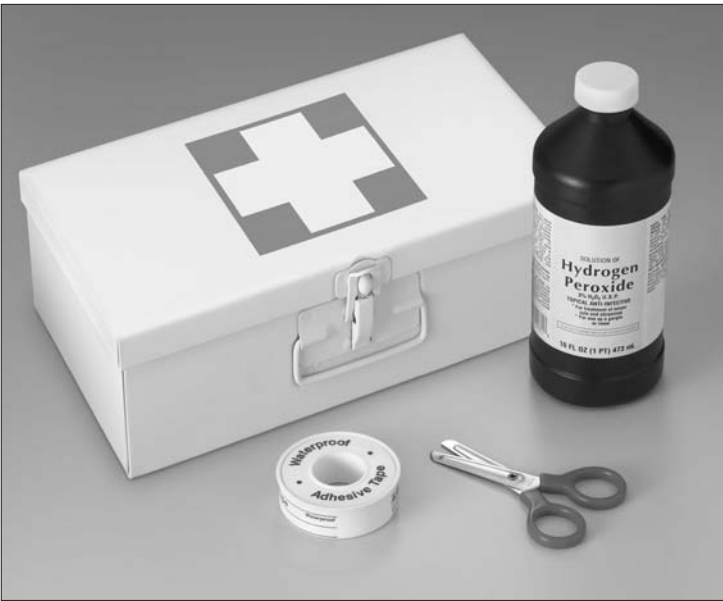


Photo illustration

A note of caution: If your son or daughter isn't ready to be home alone, for whatever reason, don't force them into a potentially frightening or harmful situation. Your children's best advocate is you, their parent, and you are also the most familiar with your child's ability. Given time, they will be ready to try again, and with more success.

Information Training

Even very young children should be taught the basic emergency numbers, but a refresher course is probably in order for your preteen. Post a list of work numbers, reliable neighbors, family, and of course 911. You also need to teach them the correct order of actions to take. For example, if there's a fire, they should get out of the house first and then call 911 from a cell phone or a neighbor's house. After that, they should call the parents emergency number.

Safety Training

Begin teaching children long before the age of 12 not to open the door to strangers (or even to talk to them through a closed door) and never to tell a caller that they're home alone. Now is a great time to talk with them about keeping themselves safe, not just from crime, but from household accidents as well.

Basic First Aid

Band-Aids, triple antibiotic ointment, and CPR are tools everyone should have, and our children are no different. Boy Scouts, Girl Scouts, and the Red Cross offer first aid and CPR lessons. If no programs are readily available, look around your neighborhood — there is usually a hospital corpsman or two who would be happy to cover some basics with your kids. Alternative means of teaching often stick with a child who seems to start tuning mom and dad out around age 12

Care of Younger Siblings

All too often, an oldest child gets put into role of caregiver before he or she is ready. In addition to verifying the legal age at which a child can be left to baby sit, make sure your child is ready to care for herself as well as other children. Introduce children to baby sitting by having them start in your home, so you'll be nearby if they need you. A little sitter training may go a long way toward helping your son or daughter be a responsible baby sitter.

Learning to stay home alone is a normal step in growing up. Under a family's watchful eye and guidance, this new responsibility can be learned one step at a time. As a parent, it's your job to love, teach, and prepare your children to live in this world successfully. Not an easy task, but one that will be the greatest accomplishment of your life.

Challenges of growing up in the military

Perry Lockhart
LIFELines

"Children of the world, blown to all corners of the world, we bloom anywhere!"
— Diane Townsend Davis

A few years ago, a debate emerged on an Internet newsgroup for military “brats” – as they fondly call themselves – about what kind of flower military children of military parents were most like. The consensus became the dandelion.

Anne Manning Christopherson wrote, "How about the dandelion? The plant puts down roots almost anywhere. It is almost impossible to get rid of. It is entirely usable except for the little puffball thingy. An unpretentious plant, yet good-looking – except for the habit of being where you least expect it. It's a survivor in a broad range of climates. And even when those who are so inclined would apply poisons, they have to do it one plant at a time, season after season. This just illustrates my motto, which is Bloom where you're planted."

Growing up in the military can

be quite challenging. Constant relocation, adapting to new schools, new cultures, new friends, new houses, new rules all become the way of life for the military child. Add the uncertainty and separation from their deployed Sailor or Marine, grandparents, uncles, aunts, and other relatives, and the deck seems to be stacked against the military child.

But over and over, children of the military have grown up to become successful, worldly, educated adults with a unique perspective on the world and its people. Forced to adapt throughout life, these worldly citizens learned how to make the best of change and to relish new experiences.

Growing up in the 21st century is bringing its own set of challenges – whether a child is in the military or not — more availability of alcohol and drugs for young people, increasing rates of violence in schools, neighborhoods, and in the home, higher divorce rates, the trauma of terrorist attacks, the increasing stress of heightened alert status, and a society troubled with waning morals and ethics.

Coping with these issues along with the normal stresses of military family life can mean significant problems for the child, the family, and the military. Today's children need an abundance of support from parents and the military establishment. Military support is offered through numerous programs that give parents and children tools to deal with today's problems.

Military brats have traditionally learned from an early age that home is where their heads are, that a good friend can be found in every corner of the world – and in every color – and that education doesn't only come from school. They live history. They learn that to survive means to adapt, that the door that closes one chapter of their life opens up to a new and exciting adventure full of new friends and new experiences.

Their stories glow of widened horizons, new starts, and a willingness to take chances, reach out, and make new friends.

Like the dandelion, military children bloom everywhere the winds carry them. They are hardy, resilient, and upright. Their roots are strong, cultivated deeply in the culture of the military, planted swiftly and surely. And ready to fly in the breezes that take them to new adventures, new lands, and new friends.



File photo

Projects for children:

Staying connected to families far away

Kelley Harper

LIFELines

Life in the military often leads to frequent relocations, deployments, and could result in international moves. Whether stateside or abroad, these moves can all stretch the miles between our extended families and loved ones. For children, this often means not growing up around or knowing their grandparents, aunts, uncles, cousins, and extended family members. However, there are many ways for children to keep in touch with their relatives, have fun, and learn while doing it. The possibilities are unlimited, and the rewards will last a lifetime.

Getting Started

Children of all ages can communicate with their families all over the world in many different ways. Sometimes all it takes is a little creativity to find ways that will work for the entire family. The biggest challenge for parents of children of all ages may be getting and keeping the children interested in communicating with distant family members. Children who don't see their extended families on a regular basis can often forget or simply lose interest during their active day-to-day schedules. According to Leah Gianinni, an elementary school teacher and military spouse, "The key is to focus on something that interests the child, whether it be sports or

Barbies, and expand from there." Also, be sure to stay consistent. To keep the communication going, it will take some work and commitment. All involved family members will need to agree to a regular schedule. All must try setting aside a designated time each week. It will soon become an enjoyable and anticipated part of the family's routine.

Tap into Your Creative Side

Extended families can bridge the gap between each other in countless ways. Here are just a few ideas to help get you started: Use code words or symbols, like those found in Egyptian writing that are unique to the child and family member. Your child will have fun writing and discovering the coded messages. Become your own movie reviewer: Have both child and family member see the same movie and exchange opinions and give ratings. Choose a "State of the Week." Learn as much as possible and then share and compare information. Start a collection together — like stamps, postcards, coins, etc. — and trade them through the mail. Create a roadmap from your home to your family's homes in other states. Web sites such as MapQuest offer free detailed maps from all over the world. Gather information about heroes in your hometowns. Military members, firefighters and

police officers are a few examples of likely sources to consider. Share what you've discovered, draw pictures and keep looking for everyday unsung heroes. Enroll in an art class at a base community center. Activities are often available at little or no charge and the finished project will brighten the day of the lucky family member who receives it. Designate a "Kids Day" once a month and treat it as if it were a holiday. Have a long-distance scavenger hunt. Families can create and send lists of hard-to-find or unique items for other members to locate. Create weekly newspapers authored by your child. Have children chose the important events taking place in their lives and illustrate each one. **Use Technology to Keep in Touch** With the explosion of the Internet, many families have found that e-mail is one of the easiest, most convenient and least expensive ways to stay close. While e-mailed letters can be a wonderful way to share information, correspondence needn't be text only. There are many other fun, exciting, and relatively easy ways to use computers to keep in touch: Web cams can transmit live pictures online, and are often for use free of charge at base community centers and libraries. Family Web pages may be available free of charge on various sites. Use them to post family updates and include pictures to illustrate the latest events. Electronic greeting cards are easily personalized and available for all occasions. Educational games can be played online

together. Try searching “Fun Brain” for an exciting challenge. Remember, if your child is using the Internet, monitor their time on the computer and use appropriate child blocks to stop access to unwanted adult information. To help teach your children about Internet safety visit “Indian Child” for tips and protection information.

Tips for Staying Connected at Home

It's no secret that families are busier than ever. Realizing this, it is just as important to make an effort to stay connected with immediate family members at home as it is with those far away. Here are some ways to make the most of your family's time together: Create a family tree or history book to preserve your memories. Web sites such as “My Family” can help get you started. Build a time capsule to preserve special occasions and events in the child's life. Check out the Web site “Very Best Kids” to find and create a time capsule for your family. Have items for care packages on hand. Vary the themes so different packages can be saved for rainy or sick days home from school. Keep memories alive by creating scrapbooks. Many web sites provide how-to guides for those who want to learn the trade. Donate a homemade craft idea or recipe to a club or after-school program. Have your child present the donation in another family member's name. Although it takes time and effort to keep in touch with immediate and extended family members, the rewards of doing so will last a lifetime. Using some of the previous ideas may help you to make the most of your time together.



Sgt. Michelle M. Dickson

A native Samoan performs at the 22nd Annual Intercultural Day at the Fort Street Mall in downtown Honolulu.

Community event:

Hawaii Pacific University celebrates the 23rd Annual Intercultural Day

Hawai'i Pacific University will celebrate its 23rd Annual Intercultural Day April 20 from 10 a.m. to 4 p.m. at the Fort Street Mall. The event is free and open to the public. The celebration spotlights HPU students' ethnic and cultural diversity through exhibits, a parade, and lively stage performances of traditional dance and music from around the world. Established in 1984, Intercultural Day has evolved into one of the largest international activities in Hawaii. Throughout the years, HPU has become a melting pot by attracting students from

around the globe. Intercultural Day creates a venue for these students to share their traditions and customs. Schedules of events are as follows: **Exhibits** From 10 a.m. to 4 p.m.: The HPU downtown campus will be lined with cultural exhibits showcasing authentic artifacts, photos, and other educational materials from various countries, including Japan, Canada, Germany, Sweden, Taiwan, Brazil, Norway, Korea, Thailand, Latin America, China, Samoa, Denmark,

France, Philippines, Ireland, Saudi Arabia, and many more. **Parade** At 11:30 a.m.: HPU international students in traditional dress from their home countries take part in a festive parade through downtown Honolulu. **Performances** From 1 to 4 p.m.: The HPU International Chorale and Vocal Ensemble will perform. HPU students will perform traditional dances and music of their countries.

“Intercultural Day is a wonderful opportunity for the community to experience and learn from the cultural diversity that prevails at Hawaii Pacific University,” said Ann Newton, director of International Student Services. Hawai'i Pacific University is the state's largest private university with more than 8,000 students from all 50 states and more than 100 countries. For broadcast and publication: For more information, please contact the HPU Office of Student Life at 544-0277 or studentlife@hpu.edu.

Tips to help make your marriage last

Brandi Givens

LIFELines

She has the jitters.
He has cold feet.
They're taking the plunge.
These sayings poke fun at the way people sometimes feel before their wedding day, but some engaged couples may seriously worry that their feelings are more than just a case of the butterflies. Though choosing whether to marry is ultimately a very private decision, there are people who can help guide you as you make your way down the aisle.

Pre-marriage seminars

Statistics show that marriage is much more successful and enjoyable when couples go through counseling prior to saying, "I do." Many Navy chaplains have organized pre-marriage seminars that teach skills to help couples prepare for a lifetime together. Lieutenant Cmdr. Kim House, chaplain at Naval Hospital Bremerton, Wash., and Lt Steve Barstow, chaplain with Chaplains Religious Enrichment Development Operation Pacific Northwest, have combined efforts to create such a program in their area.

Chaplain House points out that perhaps the most important skill learned in their seminar is how to communicate during conflict. "We teach the speaker-listener technique. Listen to what your partner has to say without interjecting. Then, using your own words, repeat the point your partner has just made." This technique shows respect for your partner and minimizes misunderstandings.

Chaplain House also advises that couples should find common interests. "You'd be surprised how many couples come to our seminar and can't think of one thing that they enjoy doing together. Commit to leisure time together and find common interests. You have to be best friends."

To find out about pre-marriage seminars available in your area, including Prevention Relationship Enhancement Program courses, check with your base chaplain.

Questions to Ask Before the Big Day

In their seminar, House and Barstow teach that there are several important issues couples should discuss openly, well before their wedding day.

Motivations for marriage

Are our motivations negative – infatuation instead of love, for financial reasons, etc.— or positive – equal expectations, commitment to love, etc.?

Know your partner

How are we similar and different? Do these similarities and differences complement our marriage?

Infidelity

How can we prevent infidelity and build a lasting, committed relationship?

Need fulfillment

Have we communicated our emotional, physical, spiritual, social and intellectual needs?

Roles

How do we feel about our roles regarding housework, shopping, yard work, etiquette, income earning, etc.?

Children

Do we want children? How many? When? Will one parent stay home with the children? Do we have a financial plan?

In-laws

How well do we relate to our in-laws? What expectations do our families place on us? What do we do with a demanding family member?

Independence

Is it okay to have nights out without each other? Is it okay to have close friends of the opposite gender? Where should we draw the line?

Finances

Who will handle the finances? Does the non-military partner know how to read a leave and earnings statement? How will finances be handled when the military partner is deployed?

Military life

How can we prepare our marriage for military separations? Does the non-military spouse know about support systems?

House encourages couples to keep communicating, and keep enhancing their relationship. By taking the time to learn necessary tools for building a healthy relationship, you can help avoid that ball-and-chain feeling and, instead, hold hands down a path toward marital bliss.

Glee club honors fallen



Seaman Paul D. Honnick

Midshipmen Jacob F. Davis, Jerry Maniscalco and Marcus Fowler tear apart leis and drop them into the water above USS Arizona. Davis, Maniscalco and Fowler are members of the U.S. Naval Academy Men's Glee club. The group toured Hawaii and performed the Navy Hymn at the USS Arizona Memorial to honor the 1,177 Sailors and Marines killed aboard the ship Dec. 7, 1941.

Homecoming bliss



Cpl. Mark Fayloga

Marines and Sailors from Marine Heavy Helicopter Squadron 363, Combat Service Support Group 3, Marine Aviation Logistics Squadron 24, and 2nd Battalion, 3rd Marine Regiment, returned to their home base Wednesday after completing a seven-month tour of duty in support of Operation Iraqi Freedom. See next week's *Hawaii Marine* for the full story.